

BÖLÜM 2

ÇOCUK VE ERGENLERDE UYKU BOZUKLUKLARININ TANIMI VE EPİDEMİYOLOJİSİ

Zehra Ece RANDA¹

Giriş

Oxford İngilizce Sözlüğü'nde uyku, "Sinir sisteminin nispeten hareketsiz olduğu, gözlerin kapalı olduğu, postural kasların gevşediği ve bilincin pratik olarak askıya alındığı, günlük olarak yinelenen beden ve zihin durumu" olarak tanımlanmaktadır. Uyku bize gün içinde yaşadığımız duygu ve izlenimleri özümseme, fiziksel yorgunluktan kurtulma ve yeni enerji kazanma fırsatı veren önemli bir süreçtir (1). Uyku bozuklukları çocuklarda sık görülür. Kabaca görünme oranları %25-40 arasında değişmektedir (2). Bu dönemde uyku bozuklukları, kısa süreli uykuya dalma zorluğu gibi basit problemlerden, obstrüktif uyku apnesi gibi daha ciddi hastalıklara kadar değişiklik gösterebilir (3).

Hayatın ilk üç yılında uyku bozukluklarının görülme sıklığı %10 olarak saptanmıştır. Yenidoğan ve erken çocukluk döneminde (0-24 ay) gece uyanma ve kısa uyku süresi ile ilgili bozukluklar, gelişimin ilerleyen dönemlerinde (24-36 ay) ise kâbuslar rapor edilmiştir (4). Uyku bozuklukları, çocuk ve ailelerin yaşam kalitesini ciddi anlamda etkilemektedir. Bu bölümde, uyku bozuklukları ile ilgili ana başlıklardan ve görülme sıklıklarından bahsedilecektir.

Uyku sorunları kronik zihinsel, bedensel ve ruhsal sorunları olan çocuklarda çok daha sık görülmektedir (3). Uyku problemlerinin sonucu olarak gündüz uykululuğu, baş ağrıları, davranış sorunları, okul performansında düşüklük görülebilir (5). Uyku bozukluğunun türünden bağımsız olarak, pediatrik uyku

1 Uzm. Dr., Antalya Eğitim ve Araştırma Hastanesi, zeceranda@gmail.com



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